

Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ 301-600-7020 ♦ www.FrederickCountyMD.gov/aging

May Program Highlights

Competitive Energy Markets

Learn about the benefits of competitive energy markets and customer choice. David Kline from First Energy/Potomac Edison will give a short presentation and then answer questions.

Date: Wednesday, May 1

Time: 1:00 p.m.

Cost: Free

Lyme Disease

Worried about ticks and the diseases they may carry? Learn about lyme disease prevention, diagnosis, treatment options and coinfections Robert Cloutier, Frederick Lyme Disease support group, will be the speaker.

Date: Wednesday, May 8

Time: 1:00 p.m.

Cost: Free

Mobile Information and Assistance (I&A)

A team from Md Food Bank, Energy Assistance and the Department of Aging will visit the center to provide information, answer questions and complete applications for SNAP (food stamps), Energy Assistance, and Medicare Subsidies.

Date: Wednesday, May 8

Time: 10:00 a.m. **Cost:** Free

Blood Pressure Screening

Stop in for a blood pressure check!

Date: Tuesday, May 7 & 21

Time: 1:00 p.m. **Cost:** Free

Date: Wednesday, May 15

Time: 11:30 a.m. **Cost:** Free

Positive Aging

Needs some tips about positive aging and conscientious aging? Are you retired and wanting to reinvent yourself for your second act in life? Then this is the discussion for you! Program is presented by Pam MacDonald a licensed therapist.

Date: Wednesday, May 22

Time: 1:00 p.m.

Cost: Free

Omelet Bar/Ask Nurse Steve

Omelets created to order! Choose from a variety of ingredients to make lunch your way. Nurse Steve's talk will be "How much sleep do I really need? What should I do when counting sheep doesn't help?"

Date: Wednesday, May 15

Sign-up by Monday, May 13

Time: Noon

Cost: \$4.80 (Regular meal cost)

Tuesday Evening Meal

Each Tuesday we gather together for an evening meal.

Date: Tuesday, May 7: Hot dogs

Tuesday, May 14: Pizza

Tuesday, May 21: Pancakes

Tuesday, May 28: Pizza

Sign-up by the Monday before

Time: 5:30 p.m.

Cost: \$4.80 (Regular meal cost)

Law Day: Wednesday, May 1

Attorneys will be here to assist with the completion of Health Care Advance Directives. Make your appointment today for this free service.

Tia Chi: new session starts in May